

Series - Awed by His Love

Date/s - 17 January 2016

Topic - How Can We Rest and Still Accomplish Much?

Speaker/s - Pastor Lionel Goh

Welcome [15 min]

You may want to look up the following websites for *icebreakers* suitable for your cell.

www.thesource4ym.com/games/

www.christianitytoday.com/smallgroups/articles/icebreakersbeyond.html < go to LEAD, click on ICEBREAKERS >

Worship [15 min]

You may select songs that focus on God's abounding grace.

Spiritual Objectives

At the end of the cell discussion, cell members will:

1. Know that abiding in Christ is the secret to Rest and Fruitfulness.
2. Renew their commitment to enter into this Rest by abiding in Christ.

Word [45 min]

Pastor Lionel Goh followed on from the message in the previous week, saying that God invites us into His rest. This is the "Sabbath rest", which is both emotional and spiritual rest, given by God for His people. From Hebrews 4:9-11, we are called to make every effort to enter that rest. In Matthew 11:28-30, Jesus addressed the people who were burdened by the many Jewish laws and traditions with over 600 do's and don't's. A bullock cart has a yoke and a heavy frame. Jesus invites us to come and strap ourselves to Him and He will do most of the pulling. His yoke is easy, the burden is light and we will find rest for our souls.

The secret to rest and fruitfulness is therefore abiding in Christ (John 15:4-5). Biblical rest can be described as spiritual (salvation) rest and practical rest. The former means there is no need to strive in our own self effort to please God and earn our salvation - we are in Christ and we are the beloved of God! The latter is having the peace and faith in God that He will meet all our needs and life challenges! We can totally abandon ourselves to God and have full confidence in Him. This is not passivity but focused and fruitful activity as directed by God. He also cited the example of Hudson Taylor, the founder of China Inland Mission (OMF). During the Boxer Rebellion, 58 missionaries and 25 children were murdered but Hudson was able to find the needed rest in God. Pastor Lionel shared that he had a tough boss in New Zealand, but he prayed and asked God to give him the grace to work with the difficult boss and God granted him favour with the boss. Heidi Baker in 1995 was a missionary in Mozambique looking after 200 orphans and 2 churches. She was stressed, had tuberculosis and pneumonia. She went to Toronto and was prayed over by Randy Clark. There, she was touched by the Holy Spirit and was immobilised for 7 days and had a vision of Jesus using His body and blood to feed thousands of children. Her ministry 'exploded' once she realised that her responsibility is just to obey and abide, and that God will provide. Now, she has 15,000 churches and thousands of children but she is no longer stressed as she spends 3 hours daily spending time with God. She also realised that 5 minutes of intimacy with God and receiving downloads from Him are far more effective than years of fruitless striving. Fruitfulness and intimacy with God requires us to create time and space to be with God!

Pastor Lionel then shared on the account of Jesus feeding the 5,000 to illustrate this point (Mark 6:30-44). Jesus showed his concern for His disciples in v31 - Jesus is always concerned for us! In v34, Jesus had compassion for the multitude - though they would not starve by missing one meal, yet Jesus wanted them to

Works [10 min]

Let's pray:

1. Every Riverlifers to fully comprehend that the secret to rest and fruitfulness is abiding in Christ (John 15:4-5)

Announcements**1. 21 DAYS OF FASTING & PRAYER**

16 Jan to 5 Feb (21 consecutive days) | Faith Chapel

- Mondays to Fridays: 8–10pm
- Saturdays: 6–8pm • Sundays: 2–4pm

For more information, please email riverlifeprayer@gmail.com

2. THE ALPHA COURSE (*session 1 starts on 5 Mar*)

Register online at <http://bit.ly/rlcalpha> or at the Alpha Course Counter (beside Cell Connection Counter) from 24 Jan to 28 Feb at the Fellowship Atrium after services.

For enquiries, please contact Moses Sho at 65114141 or email him at mosessho@riverlife.org.sg.